



PLANT FACT SHEET

Brassica oleracea var. gongylodes L.

GENUS *Brassica* FAMILY Brassicaceae

COMMON NAMES Kohl rabi

EDIBLE PARTS AND USES

Edible parts: Stem tuber, Root, Leaves, Vegetable

The bulb is mostly cooked and eaten. It can be added to soups. It can be lightly simmered in coconut milk with spices. It can be eaten raw.

The young leaves are edible. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

It is best eaten when young before needing to be peeled and this preserves the flavour.

DESCRIPTION

A cabbage family plant with a swollen bulb above the ground. This can be green or purple. It is round with a tapering root. It can be 8-11 cm long by 10-12 cm wide. Leaves come off around the side of this bulb. They have stalks. The leaves are 20-28 cm long by 14-16 cm wide. They are dark green. The edges of the leaves are wavy. The flowers are yellow.

HABITAT

It is a warm temperate plant. It does best in the highlands in the tropics but is reasonably tolerant of heat and drought. It can be grown from sea level to 2600 m altitude. It is frost tolerant. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

They are grown from imported seed. The seed can be sown direct or in a nursery and transplanted.

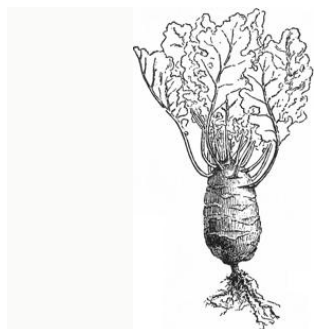
NOTES

There are about 30 Brassica species and many cultivated varieties.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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